

## 15 Self Defense Safety and Prevention Tips

- Always walk with a purpose, confidence and authority. Send the message that you're calm, confident, and know where you're going, even if you don't.
- Don't walk and talk or text on cell phone.
- Never unlock all of the car doors.
- Plan ahead.
- Stay alert at all times.
- Be aware of your surroundings at all times. Scan your environment for suspicious activity or high risk to you.
- Avoid dangerous places (i.e., poorly lit, isolated, late at night, in unfamiliar territory, in crime-ridden areas), and stay away from people who might be prone to violence (i.e., drunks, gangs).
- Plan accordingly when traveling at dark. Places that may be safe during the day can change at night.
- Go out with other people you know and trust.
- When taking public transportation wear or bring shoes you can easily walk and run in and that are not restrictive.
- Calm yourself down when you get angry (i.e., not honking your horn in cases that can lead to road rage violence, walking away from an argument, not "baiting" others to argue with you). Self defense classes and training is good but realistically your best defense is your state of mind. Don't enter a fight because you think you will be able to fight or defend. Always avoid confrontations whenever possible.
- Make yourself an inconvenient target by wearing inconspicuous clothing, avoiding flashy jewelry, large handbags, expensive clothing, etc (except during special occasions).
- Carry a purse close to your body, not dangling by the straps. Put your wallet in your inside coat or front pants pocket, not a back pocket.
- Have a plan to get help if you need it (i.e., a cell phone if you break down on the road, a buddy that checks in on you).
- Trust your instincts. If something or someone makes you uneasy, avoid the person or leave.

